

Amendment to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claims 1-8 (canceled)

Claims 9-12 (canceled)

Claim 13 (currently amended): A method for shallow frying comprising:

- (i) providing a food composition comprising tryglycerides wherein at least 60 wt. % of triglycerides is of vegetable origin and 0.05-3 wt. % sunflower lecithin which is hydrolyzed to a degree of hydrolysis ranging from 0.1 to 0.5; and
- (ii) frying with said food composition in a shallow frying pan.

Claim 14 (canceled)

Claim 15 (currently amended): The method according to claim 14 13 wherein the sunflower lecithin is hydrolyzed and the degree of hydrolysis ranges from 0.2 to 0.4.

Claim 16 (currently amended): The method according to claim 14 13 wherein the sunflower lecithin is hydrolyzed and the degree of hydrolysis ranges from 0.25 to 0.33.

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Claim 17 (previously presented): Food composition, suitable for shallow frying, comprising triglycerides, wherein at least 60 wt.% of triglycerides is of vegetable origin, and 0.05-3 wt.% sunflower lecithin, wherein the sunflower lecithin is hydrolyzed and has a degree of hydrolysis ranging from 0.1 to 0.5.